



Little
muddy me

Health and Sickness Policy

Date updated: November 2025

Date of next review: November 2026

The health and safety of your child is very important to us; therefore the following procedures are strictly followed:

Hygiene

- A quick risk assessment of the premises is carried out each day before the arrival of any children.
- We will ensure that the premises and equipment are always clean.
- We have a daily safety check routine.
- We will use antibacterial wipes for both the kitchen table and bathroom/nappy change areas.
- We will provide children with suitable hand washing facilities and paper towels to dry hands.
- We will educate children about personal hygiene through play and a daily routine.

Food Hygiene

- We follow strict hygiene practices to prevent contamination.
- All surfaces and cooking equipment will be clean, and hands washed before food preparation.
- We will follow hygiene guidelines on the preparing, cooking, and storing of food.
- Out of date food, partially eaten or used food will be discarded.
- During cooking activities, children will be encouraged to use good hygiene practice.
- All staff preparing and cooking food will complete a food hygiene course.
- **Ofsted will be notified** of any food poisoning affecting two or more children in our care.

First Aid

- We are First Aid Trained and have a valid up to date certificate
- A full First Aid Kit is located on the premises; this is checked and re-stocked on a regular basis.
- A travel and Fire First Aid Kits will be carried on all outings.

Sickness

We appreciate that as a working parent you need to be able to go to work. However, if your child is unwell then they will be better cared for in their own home, with a parent. We are happy to care for children with minor coughs and colds but will not care for children who are very unwell, infectious,

or running a high temperature. We have to consider the welfare of all children and staff in our care.

It is natural that children will suffer and spread illness and infection, however through good practice and cleanliness, the extent to which these infections are spread are minimised.

We will promote the good health of children and take positive steps to prevent the spread of infection and appropriate measures when they are ill.

We have a policy on the exclusion of sick children who are ill or infectious and a procedure of contacting parents if the child becomes ill whilst in our care. We will request that children suffering from sickness and/or diarrhoea are not placed in our care until at least 48 hours has elapsed since the last attack.

The **Public Health Authorities and Ofsted** must be notified of any communicable diseases as defined by the Health Protection Agency.

Children with infectious diseases should be kept away for a minimum period. This is to minimise the risk of cross infection:

Infectious disease	Exclude for
Chicken Pox	5 days from onset of rash/Until spots start to scab over.
German Measles (Rubella)	5 days from onset of rash
Impetigo	Until lesions are healed/crusted
Measles	5 days from onset of rash
Scarlet Fever	5 days from start of medication
Diarrhoea / Vomiting	Minimum of 48 hours or when well
Whooping Cough	5 days from start of medication
Mumps	5 days from onset of swollen glands
Jaundice	7 days from onset of illness
Conjunctivitis	No need to exclude if treated immediately (use own towel)
Hand, Foot and Mouth	Until feeling well
Head lice	No need to exclude if treated immediately

Toys and play equipment

Toys and play equipment are kept clean, well maintained and in good repair and in accordance with safety standards. All equipment is checked on a regular basis and any broken toys/equipment will be discarded immediately.

Visual risk assessments will be carried out on activities.

Animals/Pets

We believe that children can learn a lot from having contact with animals. However certain procedures must be followed to ensure the safety of the children.

If we have animals on the premises, we will not put the health, safety or welfare of the children at risk. We will encourage children to treat all animals with respect and teach them how to handle them correctly.

Children will wash their hands after any contact with animals and will be taught the reasoning behind this. Food bowls for the pet will be stored safely away from the children's reach.

Pets will be discouraged from fouling any areas where the children may play.

Smoking

We have a NO SMOKING policy.

Wasps and Dogs

In the event of Wasps and Dogs, we will encourage the children to stand still and cross their arms over their chest. If a child is stung or bitten the parents will be informed and medical advice will be sort.

